

66

THE
THIRTY-FIFTH ANNUAL REPORT

OF THE

Officers of the Retreat for the Insane,

AT

HARTFORD, CONN.,

APRIL, 1859.

HARTFORD:
PRESS OF CASE, LOCKWOOD AND COMPANY.
1859.

THE
THIRTY-FIFTH ANNUAL REPORT
OF THE
Officers of the Retreat for the Insane
AT
HARTFORD, CONN.,
APRIL, 1859.



HARTFORD:
PRESS OF CASE, LOCKWOOD AND COMPANY.
1859.

Digitized by the Internet Archive
in 2017 with funding from

This project is made possible by a grant from the Institute of Museum and Library Services as administered by the Pennsylvania Department of Education through the Office of Commonwealth Libraries

OFFICERS

OF THE

RETREAT FOR THE INSANE,

FOR 1859.

RT. REV. THOMAS C. BROWNELL, *President.*
HON. THOMAS S. WILLIAMS, *Vice-President.*
WILLIAM T. LEE, *Treasurer.*
THOMAS BELKNAP, *Auditor.*
RUSSELL G. TALCOTT, *Secretary.*

VICE-PRESIDENTS FOR LIFE BY SUBSCRIPTION OF \$200 AND UPWARD.

*OLIVER WOLCOTT,	*GEORGE GOODWIN,
SAMUEL TUDOR,	*CHAUNCEY DEMING,
*DAVID WATKINSON,	*WILLIAM ROBINSON,
*WILLIAM H. IMLAY,	*ELIAS PERKINS,
THOMAS S. WILLIAMS,	*JOSEPH BATTELL,
*HENRY L. ELLSWORTH,	*JOSHUA STOW,
*CHARLES SIGOURNEY,	*ELIJAH THOMPSON.

DIRECTORS FOR LIFE BY SUBSCRIPTION OF \$100.

*DANIEL WADSWORTH,	WILLIAM W. ELLSWORTH,
*WARD WOODBRIDGE,	*HENRY SEYMOUR,
ROBERT WATKINSON,	*ELIPHALET AVERILL,
*ELISHA SHEPARD,	*EDWARD WATKINSON,
*JAMES H. WELLS,	*GEORGE SMITH,
DANIEL BUCK,	*ASAHEL HATHAWAY, JR.,
*HENRY HUDSON,	*NEHEMIAH HUBBARD,
*DAVID PORTER,	*ABIGAIL HUBBARD,
*REUBEN LANGDON,	*OBADIAH BROWN.
*OLIVER D. COOKE,	

* Deceased.

DIRECTORS CHOSEN AT THE ANNUAL MEETING.

JOSEPH TRUMBULL,
 WILLIAM T. LEE,
 ALFRED SMITH,
 JOHN S. BUTLER,
 EZRA CLARK,
 THOMAS BELKNAP,
 CALVIN DAY,
 CHARLES GOODWIN,
 GIDEON WELLES,
 HORATIO E. DAY,

SAMUEL S. WARD,
 GURDON W. RUSSELL,
 E. K. HUNT,
 OLCOTT ALLEN,
 RUSSELL G. TALCOTT,
 JAMES L. HOWARD,
 WILLIAM R. CONE,
 THOMAS SMITH,
 GEORGE P. BISSELL,
 MARK HOWARD.

STATE COMMISSIONERS.

HIS EXCELLENCY THE GOVERNOR OF THE STATE.
 HON. ROGER S. BALDWIN,
 HON. ISAAC TOUCEY.

MEDICAL VISITORS.

N. B. IVES, M. D.,
 W. H. COGSWELL, M. D.
 J. G. BECKWITH, M. D.,

E. K. HUNT, M. D.,
 GURDON W. RUSSELL, M. D.,
 P. M. HASTINGS, M. D.

MANAGERS.

GIDEON WELLES,
 WILLIAM T. LEE,
 RUSSELL G. TALCOTT,

15 LINDEN PLACE.
 259 MAIN STREET.
 140 STATE STREET.

VISITING COMMITTEE OF LADIES.

Mrs. R. WATKINSON,
 Mrs. GIDEON WELLES,
 Mrs. WILLIAM T. LEE,
 Mrs. RUSSELL G. TALCOTT.

JOHN S. BUTLER, M. D., *Physician and Superintendent.*
 REV. HORACE HOOKER, *Chaplain.*
 WILLIAM PORTER, M. D., *Assistant Physician.*
 ISAAC CRAIGUE, M. D., *Apothecary..*
 MR. THOMAS H. HOLADAY, *Steward.*
 Mrs. THOMAS H. HOLADAY, *Matron.*
 Mrs. CLARISSA COOLIDGE, *Assistant Matron.*

REPORT OF THE BOARD OF MANAGERS.

To the Directors of the Retreat for the Insane.

THE general administration of the affairs of the Retreat during the year which has just terminated, has been satisfactory in all its departments. In consequence of impaired health, the Superintendent was by the consent and advice of the Board of Directors absent the first four months of last year's service. The duties of his position devolved in the mean time upon the Assistant Physician, Dr. Porter, and were discharged in a manner acceptable to the Managers, and highly creditable to himself.

In pursuance of the suggestion made one year ago, water has been introduced and a hydrant placed in the yard. An extra expenditure of about two thousand dollars, has also been incurred by the introduction of water for the Pavilions and Parlor Halls, the construction of bathing rooms, arrangement of water closets, and other conveniences, promotive of the comfort and health of the patients. Were the institution endowed with sufficient funds, many additions and improvements might be made ; but as this is not the case, the wise policy heretofore adopted and pursued of abstaining from indebtedness, yet expending the receipts beyond what are required for necessary current expenses, for the permanent benefit of the inmates, must continue to be maintained. The Retreat itself is a great public charity, the whole avails of which are devoted to the welfare of the patients themselves. From time to time, as means will permit, improvements are made to enlarge the capabilities of the institution and promote as far as possible the health, happiness and comfort of the in-

mates. Assisted to some extent by the liberality of the State, important additions within the past few years have been made, the beneficent effects of which can scarcely be over estimated. A still farther addition has been long felt to be almost a necessity in the erection of a distinct, separate but accessible building for a kitchen. When the Retreat was originally established, it was on a scale more limited than at present, and the kitchen, with the arrangements for cooking, was located in the basement of the main-building. This provision, if not the best, was one that answered the purpose designed while the institution had only about eighty patients ; but numbering as they now do, and have for several years over two hundred, it is not only attended with many inconveniences, but is altogether inadequate to the existing condition and wants of the institution. The Managers would therefore recommend the erection of a suitable building for kitchen purposes the present year, provided it meets the approval of the Board of Directors.

If the means in hand would warrant it, or at as early a day as the funds will allow, they would advise the introduction of gas for lighting the halls, which would, besides being more safe, conduce to cheerfulness, especially in the long evenings when the patients are necessarily secluded within the buildings.

We cannot close without adverting to the decease, after a life of usefulness, of our late associate Deacon Amos M. Collins, who for many years was an active and beneficent friend of the Retreat and one of its Managers. Within the same period also, the grave has closed over the remains of William H. Inlay and Henry L. Ellsworth, Esqrs., whose voluntary subscriptions were among the largest to found and establish this institution at its commencement, and who for their generous munificence were Vice Presidents for life.

In behalf of the Managers,

GIDEON WELLES, *Chairman.*

HARTFORD, April, 1859.

REPORT OF THE MEDICAL VISITORS.

To the Directors of the Retreat for the Insane.

THE Board of Medical Visitors would state, that they have faithfully discharged the duties assigned them during the past year. The record of their proceedings, exhibits a report of inspection for every month of the year, with one exception, either by the entire Board or by Sub-Committees; very few patients placed under restraint, were noticed during these visits of examination, and in every instance the reason assigned for such restraint was deemed satisfactory by the Visitors. During the temporary absence of the Superintendent the Medical Visitors, resident of the city, made frequent visits to the Retreat and would gladly testify to the skill and entire devotion manifested by the Assistant Physician.

We take this opportunity to congratulate the friends of the Institution, upon the record of the past year—one, which we are confident will compare favorably with any similar institution in the country.

N. B. IVES, M. D.,
W. H. COGSWELL, M. D.,
J. G. BECKWITH, M. D.,
E. K. HUNT, M. D.,
GURDON W. RUSSELL, M. D.,
P. M. HASTINGS, M. D.

HARTFORD, April 1st, 1859.

TREASURER'S ACCOUNT.

Dr.

RETREAT FOR THE INSANE, *in account with* WILLIAM T. LEE, *Treasurer,*

Q_R.

[illegible]

Examined and found correct,

E. E. Hartford, April 1st, 1859.

T. BELKNAP, *Auditor*,

WILLIAM T. LEE, *Treasurer.*

HARTFORD, April 11th, 1859.

SUMMARY OF EXPENSES

From April 1st, 1858, to April 1st, 1859.

Meat and Fish,	-	-	-	-	-	\$4,343.77
Bread Stuffs,	-	-	-	-	-	2,568.82
Butter and Cheese,	-	-	-	-	-	2,386.76
Groceries,	-	-	-	-	-	3,900.10
Fluid for Patients, <i>to be refunded,</i>	-	-	-	-	-	90.29
Furniture and Bedding,	-	-	-	-	-	2,200.84
Repairs and Improvements,	-	-	-	-	-	5,869.53
Wood and Coal,	-	-	-	-	-	2,335.27
Light, -	-	-	-	-	-	298.09
Medicine, Wine, Porter, &c.,	-	-	-	-	-	1,420.45
Clothing for Patients, <i>to be refunded,</i>	-	-	-	-	-	2,993.65
Feed for Horses and Cows, &c.,	-	-	-	-	-	669.17
Wages of Attendants and Nurses,	-	-	-	-	-	4,345.94
Baker, Cooks and Domestics,	-	-	-	-	-	1,378.33
Salaries,	-	-	-	-	-	6,917.33
Farm and Garden Labor,	-	-	-	-	-	714.70
Laundry Help,	-	-	-	-	-	661.62
Advance payments, <i>refunded,</i>	-	-	-	-	-	254.58
Books, Printing, Stamps, Stationery and Prints,	-	-	-	-	-	486.86
Stock, Tools, Fertilizers and Seed,	-	-	-	-	-	109.39
Insurance,	-	-	-	-	-	330.00
Sewer Assessment, Maple Avenue,	-	-	-	-	-	160.00
Incidentals,	-	-	-	-	-	132.27
						<hr/>
Cash in Steward's hands April 1st, 1858,	330.04					\$44,567.63
" " " " 1859,	322.90					7.14
Amount of orders drawn on the Treasurer from						<hr/>
April 1st, 1858, to April 1st, 1859,						\$44,560.59

GIDEON WELLES,

Chairman of the Board of Managers.

HARTFORD, April 1st, 1859.

THE
THIRTY-FIFTH ANNUAL REPORT
OF THE

Superintendent and Physician

OF THE

RETREAT FOR THE INSANE,
FOR THE YEAR ENDING MARCH 31st, 1859.

To the Directors of the Retreat for the Insane :

THE following Table presents a synopsis of the results of the past year :

	Males.	Females.	Total.
The whole number of Patients in the Retreat at the beginning of the year,	102	106	208
Admitted during the year,	63	78	141
Total number in the course of the year,	165	184	349
Of this number there have been discharged,			
Recovered,	25	36	61
Much Improved,	3	12	15
Improved,	8	11	19
Not Improved,	17	12	29
Died,	7	3	10
Total discharged during the year,	60	74	134
Remaining in the Retreat, April 1st, 1859,	105	110	215
Whole number admitted up to April 1st, 1859,	1608	1799	3407
Whole number discharged during the same period,	1503	1689	3192
Whole number remaining,			215

The year commenced with 208 patients. During the year 141 were admitted, 134 were discharged, leaving 215 in the House at this day, and making the whole number of patients in the House in the course of the year, 349. Of the 134 patients discharged, 61 had recovered, 34 were more or less improved, 29 were not improved, and 10 died. Of the deaths four were from exhaustion, two from general debility, three from epilepsy, and one from suicide. The average of deaths reckoned upon the whole number in the House in the course of the year, was 2.8 per cent. ; reckoned upon the average number during the year, was 4.6 per cent.

TABLE NO. II.

MONTHLY ADMISSIONS FROM THE OPENING OF THE RETREAT,

APRIL 1ST, 1824.

April,	Males,	128	November,	Males,	133
	Females,	161—289		Females,	130—263
May,	Males,	150	December,	Males,	125
	Females,	182—332		Females,	117—242
June,	Males,	156	January,	Males,	109
	Females,	186—342		Females,	128—237
July,	Males,	162	February,	Males,	121
	Females,	196—358		Females,	87—208
August,	Males,	141	March,	Males,	132
	Females,	165—306		Females,	133—265
September,	Males,	125			
	Females,	162—287	Total,	Males,	1608
October,	Males,	126		Females,	1799—3407
	Females,	152—278			

TABLE NO. III.

NUMBER ADMITTED ONCE AND MORE THAN ONCE DURING THIRTY-FIVE

YEARS.

Admissions.	Males.	Females.	Total of persons.	Total of cases.
1	1058	1157	2215	2215
2	170	165	335	670
3	33	48	81	243
4	12	19	31	124
5	6	8	14	70
6	3	6	9	54
7	1	1	2	14
8	1	0	1	8
9	0	1	1	9
Total,	1284	1405	2689	3407

TABLE No. IV.

NUMBER OF THE ATTACK OF THOSE ADMITTED SINCE MARCH

31st, 1845.

NUMBER OF ATTACKS.	1845 to 1855. 10 y'rs.		1855 and 1856.		1856 and 1857.		1857 and 1858.		1858 and 1859.		Males.	Females.	Total.
	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.			
First attack,	355	487	52	48	45	55	41	50	40	45	533	685	1218
Second "	96	148	7	16	10	12	8	12	6	13	127	201	328
Third "	27	39	1	8	5	8	6	3	2	4	41	62	103
Fourth "	18	23	1	3		5		2		3	19	36	55
Fifth "	9	9		3	2	1	1	2	1	4	13	19	32
Sixth "	5	6	1	2	3				2	2	11	10	21
Seventh "	2	5	2	1	1	1	1	1			7	8	15
Eighth "	1	1					2	1			3	2	5
Ninth "		2			1				1			3	4
Severall,	44	42	4	6	6	5	5	5	7	5	66	63	129
Unknown,	29	24	2		1		3	1	3	2	38	27	65
Total,	586	786	70	87	73	88	67	77	63	78	859	1116	1975

TABLE NO. V.

AGE AT THE TIME OF ADMISSION OF THOSE ADMITTED SINCE MARCH

31st, 1844.

AGE	1844 to 1854. 10 yrs.		1854 and 1855.		1855 and 1856.		1856 and 1857.		1857 and 1858.		1858 and 1859.		Males.	Females.	Total.
	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.			
Under 15 years,	5	3	1	1	1		1			1			8	5	13
From 15 to 20 yrs.	48	48	6	4	4	4	7	5	4	2	3	1	72	64	136
" 20 " 25 "	84	91	4	17	8	15	10	17	6	8	17	11	129	159	288
" 25 " 30 "	63	107	8	11	13	12	2	10	9	8	4	12	99	160	259
" 30 " 35 "	87	89	9	11	9	4	8	9	7	14	6	15	126	142	268
" 35 " 40 "	57	90	12	13	9	12	12	8	7	11	6	5	103	139	242
" 40 " 45 "	69	78	5	11	8	8	9	13	10	9	8	14	109	133	242
" 45 " 50 "	45	54	10	9	1	9	7	7	4	5	6	7	73	91	164
" 50 " 60 "	59	98	6	16	7	13	5	5	15	7	7	9	99	148	247
" 60 " 70 "	33	49	4	6	7	6	9	12	2	9	3	3	58	85	143
" 70 " 80 "	11	10	4	1	1	3	2	2	3	3	3	1	24	20	44
Over 80 years,	2	3			2	1	1						5	4	9
Unknown,	10	15											10	15	25
Total,	573	735	69	100	70	87	73	88	67	77	63	78	915	1165	2080

TABLE NO. VI.

DURATION OF DISEASE WHEN ADMITTED OF THOSE ADMITTED SINCE
MARCH 31st, 1844.

DURATION.	1844 to 1854, 10 yrs.		1854 and 1855.		1855 and 1856.		1856 and 1857.		1857 and 1858.		1858 and 1859.		Males.	Females.	Total.
	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.			
Less than 1 month,	120	172	12	26	10	16	10	16	15	16	12	20	189	266	455
From 1 to 3 months,	117	149	11	21	14	23	18	27	12	20	12	23	184	263	447
“ 3 “ 6 “	64	96	11	14	9	12	11	16	6	10	12	9	113	157	270
“ 6 “ 12 “	53	71	12	5	9	10	15	6	6	6	6	9	95	107	202
“ 1 “ 2 years.	61	68	4	9	9	4	5	3	7	4	5	5	91	93	184
“ 2 “ 3 “	40	33	7	7	2	8	4	5	12	5	3	3	68	61	129
“ 3 “ 5 “	30	29	5	5	3	5	3	6	3	4	5	3	49	52	101
“ 5 “ 10 “	34	35	5	6	6	4	1	4	7	2	3	1	56	52	108
“ 10 “ 20 “	15	34	1	3	5	3	5	3	2	3	3	1	31	47	78
Over 20 years,	7	10		3	1		1		1	3			9	17	26
Unknown,	34	36	1	1	2	2	1	1	2	4	2	4	42	48	90
Total,	575	733	69	100	70	87	73	88	67	77	63	78	927	1163	2090

TABLE NO. VII.

CIVIL CONDITION OF THOSE ADMITTED SINCE MARCH 31st, 1843.

	Single.		Married.		Widowed.		Total.	
	Male.	Female.	Male.	Female.	Male.	Female.	Male.	Female.
1843-1858 } 15 years, }	550	519	398	516	47	159	995	1194
1858-9, - -	34	40	28	31	1	7	63	78
Total, -	584	559	426	547	48	166	1058	1272
General total, -		1143		973		214		2330

TABLE NO. VIII.

AGE AT TIME OF FIRST ATTACK OF THOSE ADMITTED SINCE
MARCH 31st, 1845.

AGE.	1845 to 1855 10 years.		1855 & 1856		1856 & 1857		1857 & 1858		1858 & 1859		Males.	Females.	Total.
	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.			
Under 15 years,	26	12	3	3	7			2	1	1	37	18	55
From 15 to 20 yr's,	85	107	8	8	7	12	9	5	9	10	118	142	260
" 20 " 25 "	106	142	13	22	14	21	12	15	16	14	161	214	375
" 25 " 30 "	77	131	9	12	5	13	11	13	9	12	111	181	292
" 30 " 35 "	71	84	11	8	8	6	10	9	5	8	105	115	220
" 35 " 40 "	38	44	7	9	8	10	5	8	4	5	62	76	138
" 40 " 45 "	39	56	4	6	7	11	6	11	4	9	60	93	153
" 45 " 50 "	29	33		2	4	1	5	2	5	5	43	43	86
" 50 " 60 "	30	53	6	7	5	2	7	2	4	3	52	67	119
" 60 " 70 "	22	19	5	4	6	7		4	2	1	35	35	70
" 70 " 80 "	8	6		2	1	2	1	2		1	10	13	23
Over 80 years,		1	1								1	1	2
Unknown,	55	58	3	4	1	3	1	4	4	9	64	78	142
Total,	586	786	70	87	73	88	67	77	62	78	763	1076	1935

TABLE NO. IX.

SUPPOSED CAUSES OF INSANITY IN 3,407 CASES.

Ill health of various kinds, . . .	567	Fear of poverty, . . .	7
Intense mental & bodily exertion, . . .	267	Fever, . . .	15
Intemperance, . . .	217	Jealousy, . . .	8
Religious excitement, . . .	196	Loss of property, . . .	8
Domestic unhappiness, . . .	141	Malformation of the brain, . . .	5
Grief, loss of friends, &c., . . .	170	Anxiety and fatigue, . . .	18
Puerperal state, . . .	113	Change of habits, . . .	6
Masturbation, . . .	115	Use of tobacco, . . .	11
Disappointed affection, . . .	80	Apoplexy, . . .	2
Perplexities in business, . . .	61	Heme-sickness, . . .	4
Injuries in the head, . . .	37	Use of opium, . . .	4
Epilepsy, . . .	47	Exposure to fumes of charcoal, . . .	1
Exposure of various kinds, . . .	36	Mesmerism, . . .	2
Paramania, . . .	33	Insufficient nutrition, (Grahamism,) . . .	1
Disease of the brain, . . .	18	Sexual indulgence, . . .	3
Repelled cutaneous disease, . . .	18	Disease of heart, . . .	1
Millerism, . . .	16	Chorea, . . .	1
Turn of life, . . .	19	Slander, . . .	1
Disappointed ambition, . . .	14	Ridicule of Shopmates, . . .	1
Want of sleep, . . .	15	Self indulgence, . . .	1
Paralysis, . . .	17	Necrosis, . . .	1
Fright, . . .	12	Wakemanite excitement, . . .	1
Spiritual manifestations, . . .	14	Unknown, . . .	1064
Erroneous education, . . .	12		
Bodily injuries, . . .	12	Total, . . .	3407

TABLE NO XI.

MONTHLY DISCHARGES SINCE MARCH 31st, 1844.

DISCHARGED.	1844 to 1854, 10 yrs.		1854 and 1855.		1855 and 1856.		1856 and 1857.		1857 and 1858.		1858 and 1859.		Males.	Females.	Total.
	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.			
April,	38	45	4	5	7	11	6	9	7	5	7	10	69	85	154
May	36	37	11	9	4	13	7	6	9	8	6	6	73	79	152
June,	46	41	5	10	4	11	6	13	6	17	5	5	72	97	169
July,	42	54	6	9	6	8	14	5	7	6	8	6	83	88	171
August,	64	83	7	9	4	7	8	4	5	7	1	3	89	113	202
September,	44	75	10	9	7	4	5	6	4	4	4	4	74	102	176
October,	43	58	8	12	5	17	7	5	7	3	2	6	77	101	178
November,	54	55	8	6		8	2	8	4	6	3	4	71	87	158
December,	41	64	5	2	5	3		6	2	5	5	3	58	85	143
January,	33	32	3	7	5	4	4	6	5	7	6	3	56	59	115
February,	37	45	1	4	4	6	3	5	5	6	1	11	51	77	128
March,	53	85	5	7	6	4	10	7	3	4	13	12	89	120	209
Total,	531	674	73	89	57	96	72	80	64	78	60	74	862	1093	1955

The experience of the past year has impressed more strongly than ever upon my mind the importance of the opinion which I have repeatedly advanced in my previous reports of the urgent necessity of submitting recent cases of insanity to immediate treatment, and of persevering in that treatment until health is restored and all danger of relapse is past, or while in the judgment of the Physician, a reasonable chance of a successful result remains. Rarely, if ever, does any disease pass more rapidly than this, from the recent and curable, into the chronic and incurable stages. In strictly recent cases not complicated by acute disease, and brought immediately under proper remedial treatment, the failure to cure may be fairly considered as the exception to the general rule, while a large proportion of cases of a year's duration are never restored. The pleasant results of several cases which have recovered within a year or two past, after a residence of three, four and five years, at the Retreat, should lead us not to despair too soon.

Our percentage of recoveries will be largely increased, the proportion of incurable cases in the community will be cor-

respondingly diminished, when common sense views of insanity shall prevail, when this shall be treated like other diseases, with a fairness, promptitude and decision corresponding to the gravity of the disease, and the importance of the organs implicated by it. I know of no disease which so imperatively demands that it be met on the part of friends, with frankness and promptitude towards the sufferer, and with a reasonable confidence and patience towards those to whose skill and care, and accumulated experience, the sufferer is intrusted. It is a reasonable claim, the justice of which should never be overlooked, that one who is willing to accept the grave responsibility of treating a case of insanity, should ever find both his feelings and opinions treated with respect and deference.

The following extract from a foreign periodical presents in so clear and forcible a manner a frequent source of error and embarrassment and tallies so accurately with my own experience, that I can not refrain from transcribing it in a footnote.*

The true object of our report, in my opinion, is to give to the directors a general view of the results of the operations of the Institution, and at the same time to convey to the community interested in it, some general information in regard to its position and operation, to dissipate erroneous opinions, and at the same time to present such hints and suggestions in regard to the preventive treatment of insanity, as may properly come within our brief limits.

* "How is it, that in pestilence, fever, or any other scourge of the human race, the physician is sent for without disguise, and the case at once committed to a professional hand? But in the dread and mysterious mental disease, where in the first stage, time lost is far more precious than jewels; where medical treatment is valuable almost in proportion as it is early; where the most unreserved confidence to the medical man is dictated by prudence, and the utmost candor of friends and relatives is essential to his forming a correct diagnosis, then a fatal repugnance often exists to making the necessary statements, and a childish irresolution in submitting to the appropriate remedies. The name of it must not be mentioned, the visit must be disguised, the questions are to be secret. I always feel in cases such as these, like a detective officer; and however much the relatives may flatter themselves that their motive is unknown, I never knew an instance where the patient failed instinctively to penetrate the true object of my visit."

Our average number of patients during the year has nearly equaled the proper capacity of the house, at times our numbers have exceeded it. In the present crowded state of our wards, preference must be given to those cases which being of recent occurrence, give promise of restoration. While we may be compelled to refuse, therefore, old and incurable cases, every application for the admission of a recent case, must be granted as it has always been. In the state institutions around us, directed and fostered by their respective states, the indigent insane have properly the precedence. The Retreat, on the contrary, takes a different position. While it extends to this class every accommodation in its power, and as I shall show hereafter, with an unrivaled liberality, it also recognizes the great duty of making ample and suitable arrangements for the treatment of that large class whose previous habits of life lead them to require a more luxurious and abundant accommodation. It is the aim of the Institution, as fast and as far as its limited income will allow, to continue to supply our wards with all those pleasant appliances of treatment, which, while they tend to insure and hasten recovery, shall give our house that home-like aspect which should belong to every such institution. As the relations of the State to the Retreat are very imperfectly understood, let me call your attention to a few considerations upon this subject, which I present with an especial regard to some erroneous views that have of late gone abroad.

The Retreat is a Charity. It originated in the laudable and disinterested zeal of individuals. It is controlled by an association of gentlemen without distinction of party or sect, called the "Society for the Relief of the Insane," which appoint a board of directors, to whom the general management of the Institution is confided. An act of incorporation and a grant of \$5000, was obtained from the State in 1822, together with a brief, permitting contributions in the churches for five years—from this last source nothing was ever obtained. Donations of over \$18,000 were, at the same time, received from private individuals. Some years afterward a lottery was also granted by the State.

When, in 1845, a movement was made by the State, to provide more ample accommodations for its indigent insane, the directors of the Retreat came forward, and with great liberality voted to expend a sum of \$30,000, which they had carefully accumulated, together with a legacy of \$5000, which they had just received from the estate of Israel Munson, Esq., of Boston,—in the erection and furnishing of new buildings, provided the State would on its part, make suitable appropriations for the support of that unfortunate class at the Retreat.

This sum being found insufficient to finish and furnish the one hundred additional rooms which the new buildings contained, the State made a donation of \$5000.

In 1853, the State made a grant of \$8000, and in 1855, another of \$6000, to aid in the erection of new and improved buildings to take the place of the old lodges. The whole amount of money therefore which the Institution has received from the State since 1823, is only \$24,000. It should be fully understood, however, that the appropriations for the relief of the indigent Insane, can in no manner be considered directly or indirectly as donations to the Retreat.

The first appropriation for this last purpose under the present arrangement, was made in 1842, of \$2000 a year, and was then coupled with the condition that the Retreat should receive these patients at \$2.50 per week! This appropriation has been increased from time to time, until it stands without this restriction, at its present amount, \$7000 per annum.

This sum passes into the hands of the Executive of the State, as Commissioner of the fund. He dispenses it to applicants at his good discretion according to the need of each. The Institution receives the Governor's orders on the treasury as cash toward the payment of the board of such patients. No distinction whatever is made in the Institution between persons thus aided and others who pay us the same rate of board from their own means. This fund, therefore, is a simple charity to the indigent, enabling the Institution to extend its sphere of usefulness. In order that we may measure more accurately the wisdom and good economy of this arrangement with the Retreat, on the part of the State, let us

look for a moment at some of the lunatic hospitals around us which are built and sustained by their respective States. I select those whose arrangement and position are such that they present the fairest comparison.

The neighboring State of Massachusetts has three State Hospitals; one at Worcester, containing about 300 patients, has cost for its erection, \$200,000; the State pays the salaries of its principal officers, annually, and charges \$3.00 per week for each patient for the first six months, and \$2.75 per week afterwards. The one at Taunton, which was built next, has accommodation for about 300 patients, has cost \$214,000, pays the same salaries and charges the same rate of board as the Worcester Hospital. The one last erected at Northampton, containing all the modern improvements, has cost \$315,000; here the State pays the salaries and charges \$3.00 per week for the first six months and \$2.50 afterwards.

In these Institutions no allowance is made for the clothing of the "State Paupers," (principally Irish and other foreigners,) for whom the Hospitals supply cheap dresses.

This, in Massachusetts, is quite a distinct class from the native indigent insane, supported by towns and counties.

Thus Massachusetts, for its three State Hospitals, containing accommodations for about 900 patients, has made a permanent investment of over \$729,000!—pays annually towards the salaries of their officers, \$8925, and charges \$3.00 per week for board for the first six months, and from \$2.50 to \$2.75 per week afterwards! The New York State Hospital, at Utica, built to accommodate 450 patients, has cost for its erection and furnishing, \$588,738; in addition to this, \$68,742 were expended last year in the reconstruction of the centre building and other parts of the Hospital destroyed by fire; making the whole amount invested by the State, for construction, repairs, &c., \$657,480. The State pays \$6,900 for the salaries of its principal officers, and charges \$3.00 per week for the indigent patients with extra charges for clothing, damages, &c.

In all these Institutions, the State is liable for any deficiency of income, accidental expenses, and all other contingencies.

Add to the amount expended in Massachusetts for the construction, &c., of the three Hospitals, the amount represented by the annual appropriation for salaries, considered as Interest, and we have a preliminary expenditure by the State, equal to the permanent investment in buildings, &c., of \$1,000, for each patient;—their charge for board after all this for each of their patients, being but a little less than our own.

Add in the same manner to the amount expended by the State of New York at the Utica Hospital, the amount paid for salaries, and you have a permanent investment of over \$1,600 for each patient, their rate of board for each being precisely the same as our own!

It will be noticed that I do not embrace in this estimate the admirable chartered and private Institutions, and the several County Lunatic Hospitals existing in these States.

Such broad charity, such munificent liberality in these great and leading States, is a good illustration of the principle that the extent and perfection of the Lunatic Hospital is a measure of the high civilization of the community in which it exists.

The Retreat for the Insane, with accommodations for 220 patients, furnishes the buildings, pays insurance, makes repairs and improvements, (averaging between two or three thousand dollars every year,) assumes all responsibilities for deficiencies and contingent expenses, pays its officers, furnishes to all its inmates the superior accommodations of a first class Institution, in the large number of attendants and other facilities of treatment, and has received from the State of Connecticut in thirty-four years, \$24,000! The contrast is striking and suggestive.

It may be well to add, that we furnish board, washing, ironing, mending, medical attendance, medicine, nursing, (averaging one attendant to seven or eight patients,*) heat and ventilate the house, employ a chaplain, furnish large libraries, carriages and horses, and ornamental grounds for recrea-

* If in addition to the number of attendants, we take into our estimate all the officers, and the hired help in and about the house, (laundry, farm, garden, &c.,) it makes the whole number of persons employed by the Institution to be fifty-six, an average of more than one person employed to every four patients.

tion and amusements, and decorate the rooms with engravings, &c., for \$3.00 per week for patients from the State of Connecticut !

The average cost per week of supporting each patient at the Retreat for the year ending April 1st, 1857, was \$3.53; for the year ending April 1st, 1856, it was \$3.81; and for the year ending April 1st, 1855, it was \$3.89. The average cost of supporting each patient for the five years preceding April 1st, 1857, was \$3.75 per week. In this estimate no allowance is made for interest, or investments in buildings, farm, stock, &c.

On the 1st Jan. 1859, the whole number of patients in the Institution was 226, of whom 182 were from Connecticut, and forty-four from without the State. During the year, about four-fifths of the patients have come from the State of Connecticut. It should however be stated in this connection, that in consequence of the crowded state of the Institution, a large number of applicants from other States have been refused, (though our rates of charge for persons out of the State, are at least \$1.00 per week higher than for residents of the State,) preference being given in all cases, with the exception of here and there an extreme case, to residents of Connecticut, over those from without the State. Our ability therefore to sustain the Institution depends not upon our income from any reserved fund, not upon donations of the State, nor from its charitable liberality to the indigent insane, but upon the wise and economical management of the income derived mainly from those patients who are attracted to the Retreat, and who are willing to pay liberally for the privileges and comforts which its excellent arrangements afford them.

The Directors of the Retreat, as such, receive no compensation. The whole amount paid to the three Managers, the Treasurer, and the six Medical Visitors, is \$310 per annum, being all that is paid for any service rendered outside of the Institution. The Chairman of the Board of Managers receives \$100 per annum. Each of the others receive \$50. The Treasurer, for receiving, disbursing, collecting, over \$50,000 per annum, is paid \$50 for his services. The

six Medical Visitors are paid \$10 each, being less generally than the traveling expenses of those residing out of the city: the whole amount being far less than any responsible clerk would charge to perform the duties of Treasurer, to say nothing of the responsible and often laborious duties of the other officers.

Two or more of the Medical Visitors inspect the Institution at least once a month; the Chairman of the Board of Managers is a frequent and thorough visitor. These gentlemen undoubtedly feel themselves richly compensated for their time and attention, by a consciousness of the assistance they render the officers, and the benefits they are conferring upon their suffering fellow men. I can not here refrain from the remark, in justice to all who are directly or indirectly associated with me, that the line of duties laid down by the "By-laws" or "Rules" of the Institution, is a very inadequate measure of the services they render to the patients.

In regard to the appropriation of any surplus funds, which may have remained after paying the current expenses of the Institution, I would state that while, since 1853, the Institution has received from the State, (as previously stated,) \$14,000 towards the erection of new and improved buildings, to take the place of the old Lodges, it has found it necessary to expend, in finishing those buildings, and in erecting the new Laundry, nearly an equal amount. Those two buildings alone, with their furniture, apparatus for heating, &c., having cost over \$22,000.

By reference to our annual reports it will be seen that independent of all this expenditure, our repairs and improvements form an important item of our annual expenses.

The policy of the Institution is strictly in conformity with those principles of benevolence upon which it was founded,—to expend any excess of income in such improvements as tend to promote the happiness and welfare of our inmates, or which have been rendered by the progress of the times, absolutely necessary to maintain our relative standing with the other Institutions of the country.

I have said the Retreat was a Charity; it is a noble one.

Let us see what results it has effected in thirty-five years, and how those results have been obtained, that we may rightly estimate the facts upon which this claim is based.

During thirty-five years, ending April 1st, 1859, it has received within its walls 3,407 insane persons.

Of these, 3,192 have been discharged. Of those discharged, 347 have died, and 1,643, (or fifty-eight per cent. of those remaining under treatment, deducting the deaths,) have recovered.

This large number have been restored to the blessings of a sound mind and to their friends, or, in the narrow language of political economy, have been restored to society as producers instead of consumers.

We can present the full measure of such results, when some statistician, (as Sterne has painted the misery of a solitary captive,) shall take a single case of acute mania, watch it through the weary weeks of doubtful remedial treatment, and then, when it is freed from the bondage of this dreadful disease, follow it home, and as clothed in its right mind it goes back to life and its blessings, give us these results in words or figures!

But the number of recoveries does not by any means embrace all that has been accomplished. Very many of the large class discharged as more or less improved, have received benefits little less in importance to themselves and friends, than that of entire restoration.

They have taken with them in addition to the improvement of their general health, a far greater ability to take care of themselves, to control their impulses, and to make a better use of their remaining powers of body and of mind.

If patients can not be restored to reason, it is something to have acquired habits of cleanliness and decency, of peacefulness and industry.

After the endowments which gave existence to the Institution, as I remarked in the thirtieth report, "while a sincere and most kindly sympathy with its great object has pervaded the community, the Retreat has been suffered to go on almost single-handed and alone, in its great work of an elevated and self-rewarding benevolence, making many rich in health and

happiness, endowing many a happy home with that wealth which is the "crown of the wise," it has had all the while to struggle with narrow means, (mainly derived, as I have shown, from its own meagre income,) and to contend in the race of usefulness and excellence with other Institutions which have been more liberally sustained, either from the treasuries of their respective States, or by private beneficence.

The Institution and the public owe these results, not to the donations from the treasury of the State, but to the blessings of Divine Providence upon the spirit of Christian philanthropy which has guided the efforts of the sagacious and earnest men to whom has been confided the direction of its concerns.

CONCLUSION.

I desire to express my thanks to the Board of Directors, for the vacation of five months granted me during the past year, in consequence of the failure of my health, and to Dr. Russell and Dr. Hastings, not only for many acts of personal kindness but for their frequent unofficial visits to the Institution during my absence.

When a public officer is thus overtaken by calamity, in the earnest discharge of his official duties, it is a grateful consolation, which does not fall to the lot of every one, to be met by such kindness and liberality as that I experienced at your hands.

During my absence the Institution was left in the charge of Dr. William Porter, whose faithful and most satisfactory services for eight years, as Assistant Physician of the Retreat, fairly entitled him to that mark of your confidence.

The excellent condition in which I found the Institution on my return, and the quiet success which had marked its progress reflects great credit upon him, and also upon the other officers associated with him.

As heretofore, our thanks are especially due to those friends who have kindly favored us with donations for the interest and diversion of our household.

The following papers have been received gratuitously from their publishers:—the Hartford Daily Post, New Haven Daily Palladium, New Orleans Semi-Weekly Commercial Bulletin, Hartford Weekly Courant, Columbian Register, Waterbury American, Norwich Courier, Winsted Herald, Bank Note List, and the New Orleans True Witness.

From the proprietors of the Hartford Times, Press, Courant, Religious Herald, and Christian Secretary, we have received liberally, weekly files of their exchanges.

As formerly we have also received parcels of newspapers, books and pamphlets, from Mrs. Sigourney, R. G. Talcott, Esq., and E. G. Ripley, Esq.; from Hon. James Dixon, several valuable books and public documents; from the "Missionary Society," six copies of the "Missionary Herald;" and from the "Conn. Bible Society," seventeen assorted Bibles.

We are indebted to the "Young Men's Institute" and to the "Art Union," for several season tickets to their courses of Lectures; to Mr. Samuel White, a beautiful set of the "Lyra Germanica," and an elegantly bound volume of the "Poets of the Nineteenth Century," and to Mr. Samuel N. McKay for a large "Map of the United States;" to Mr. C. W. Post, Mr. Wm. Goodwin, Dr. E. Blakeslee, Mrs. Turner, Mrs. H. L. Parmelee, Mrs. H. James, and Mrs. A. Hawes, for miscellaneous papers and pamphlets, and several books for the Library.

We have also to thank Mr. J. Atwood for an abundant supply of evergreens for our usual Christmas decoration of the Chapel and wards; and Mr. M. H. Blackford, for his excellent music, which has added much to the interest of our social evening parties.

All which is respectfully submitted.

JOHN S. BUTLER.

RETREAT FOR THE INSANE,
Hartford, April 1st, 1859.

CHAPLAIN'S REPORT.

I HAVE been enabled to perform, with scarcely any interruption, during the closing year, the services required by my official connection with the Retreat. The round of duties and the results have varied little from those formerly reported. They are well known to the Board, but for the sake of some into whose hands this Report may fall, it may not be without use to repeat, that every evening, except the Sabbath, there is religious worship in the chapel, when a hymn is sung by a choir composed in part of inmates of the Institution—a portion of Scripture read—and prayer offered. On the afternoon of each Sabbath there are, in the Chapel, services not unlike those performed in other Christian congregations—with a seriousness, attentiveness and decorum among the patients which would seldom indicate to a stranger any peculiarity in the composition of the audience. On one or another of these occasions for religious worship, a large part of the inmates of the Institution are present.

“No man,” says a celebrated foreign writer connected with an Insane Asylum, “has any right to question the existence, in the minds of a great majority of lunatics, of a susceptibility to religion, and a feeling of need to be frequently occupied with its subjects, and engaged in its practices, that it is of an unequivocally beneficial influence not to allow the impressions of true piety to become extinguished in the minds of these patients, but on the contrary, to seize hold of even the faintest traces of religion, and to convert them, as much as possible, into agents in their recovery,—and that the general effects of divine

service, even upon the minds of patients who may be anything but keenly sensible to religious impressions, are of a tranquilizing and alleviating character."

Were this all—the salutary effect of such services in cheering, for a few moments at least, the dark current of sorrow,—in recalling the wandering mind, if only temporarily, from its delusions, by waking the memory of happier days,—in requiring and cherishing during worship, a self-control which helps to establish the permanent mastery of reason,—in making more hopeful of success, through the calmness and patience inspired by Christian hope, the medical means employed to renew bodily and mental soundness,—to say nothing of various other similar influences of scarcely less importance,—would be a benefit not to be measured by the standard of money.

But aside from this, who shall limit the effect of such services in the moral renovation of the deranged mind? Who shall prove to us that in this dark and dreary winter of the soul, there are no moral processes beneath the frozen surface, elaborating the beauty and fragrance of coming spring? The living principle of the seed may, at least, be protected in the bosom of an ungenial soil, and in more propitious years, ripen into sheaves which angels shall welcome to the granaries of heaven.

The general bearings of the gospel on Insanity, in preventing vices that prey on the bodily powers, and in moderating mental feelings—such as envy, jealousy, inordinate grief—which waste the vital energies and frequently result in derangement,—in its cheering, remedial influences, which co-operate with medical skill for the relief of Insanity, as of other forms of disease, and in subsequently guarding against a recurrence of causes which originally induced the malady—have been often exhibited in former Reports. Happily, a minute illustration of this subject is rendered needless, at the present time, by the extensive employment of these influences in the treatment of Insanity, both in this country and in Europe.

In closing this brief Report, it gives me pleasure to acknowledge anew my obligations for the respect and kindness I

have ever received, in the discharge of my official duties, from all connected with the Institution.

May the Divine blessing still rest upon it, and its means for extending relief be enlarged with the increasing number of the unfortunate class who require and rely on its bounty.

H. HOOKER, *Chaplain.*

HARTFORD, April 1, 1859.

APPENDIX.

ADMISSION OF PATIENTS INTO THE RETREAT FOR THE INSANE AT HARTFORD.

For patients belonging to this State, with the usual accommodations, \$3.00 per week.
For those belonging to other States, \$4.00 per week.

If extra accommodations and attendance are required, they will be furnished at a corresponding additional charge.

No patient admitted for a shorter time than three months; and payment for *that term only* is to be made in *advance, to a Manager.**

Subsequent expenses are to be paid, quarterly, to the *Steward*.

All letters in relation to the situation and health of the patients, &c., &c., will, of course, be addressed to Dr. BUTLER, the Superintendent.

Such as relate to their quarterly bills and clothing, should be addressed to Mr. HOLADAY, the Steward. Clothing and packages sent for the use of the inmates should be sent to the care of the Steward.

Application for admission should be made *previous to the patients being brought to the Retreat*. A brief statement of the case should accompany the application.

For admission, apply to the Superintendent.

* If the patient is removed *uncured*, before the expiration of thirteen weeks, and contrary to the advice and consent of the Superintending Physician, board is always required for that period; but if the patient recovers before the expiration of the period paid for, and leaves with the full approbation of the Physician, the excess is refunded.

